12 HEALTHY COFFEE RECIPES



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For years there has been a hot debate over whether or not coffee is good for us. Some experts say it's good for your health and others say it's not. There are so many blends on the market, from instant coffee to delicate boutique blends, it can really get confusing! What we discovered when searching for the healthiest coffee was that it really comes down to what bean you're drinking, how it's served, and how often you're having it.

Laurentine and I are infrequent coffee drinkers but enjoy it when we do. Around the world though, many people are consuming it on a much more regular basis than us. So we asked ourselves how can we help others drink the healthiest cup of coffee, and ensure that when we do choose to enjoy a cup, it's the best quality and as healthy as possible.

As soon as we discovered Longevity Coffee™, we knew it would be our blend of choice as it is certified organic, free from mycotoxins, rich in antioxidants and also surprisingly low in acidity. As it is our regular roast, we wanted to show you some of our favorite ways to serve it, compiling 12 of our best as our special gift to you.

After all, if you're going to have coffee, your body deserves the best!

Enjoy,

James & Laurentine

JAMES COLQUHOUN & LAURENTINE TEN BOSCH
Producers of Transcendence

12 HEALTHY

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Hemp Milk Latte

WHAT YOU NEED

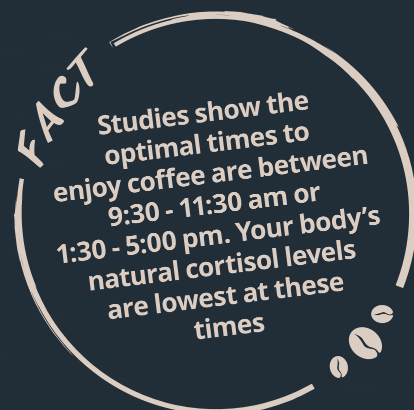
1 Espresso shot of Longevity Now Coffee™
1 Cup hemp milk
Pinch of vanilla

Hemp Milk

½ Cup hemp seeds
1 Tablespoon coconut oil
1 Cup filtered water
½ teaspoon vanilla bean
2 Medjool dates

WHAT TO DO

1. To make the hemp milk, take the hemp seeds, coconut oil, dates, water and vanilla in high-powered blender and blend until smooth.
2. Grind fresh coffee beans and make a shot of espresso.
3. Steam hemp milk using a milk steamer and pour steamed milk over a fresh shot of coffee.
4. Finish with a pinch of ground vanilla.



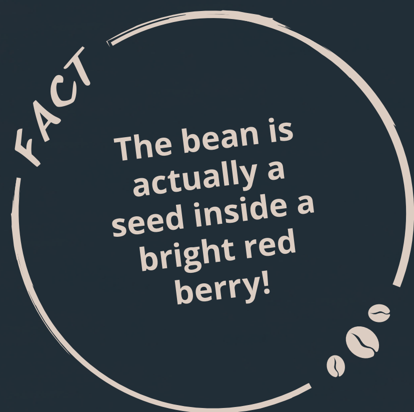
Iced Latte

WHAT YOU NEED

1 Espresso shot of Longevity Now Coffee™
1 Cup coconut milk
Glass of ice

WHAT TO DO

1. Grind fresh coffee beans and make a shot of espresso.
2. Pour espresso shot over glass of ice and slowly pour coconut milk to combine.



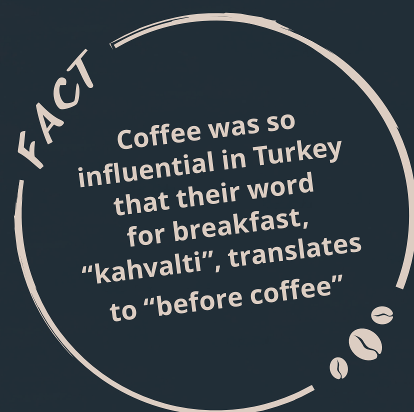
Mocha Smoothie

WHAT YOU NEED

1 Espresso shot of Longevity Now Coffee™
1 Cup coconut milk
1 Frozen banana
2 Dates
1 Tablespoon raw cacao powder
Ice

WHAT TO DO

1. Grind fresh coffee beans and make a shot of espresso.
2. Combine coffee, coconut milk, banana, dates, cacao and ice in a blender and blend until smooth.



Coconut Float

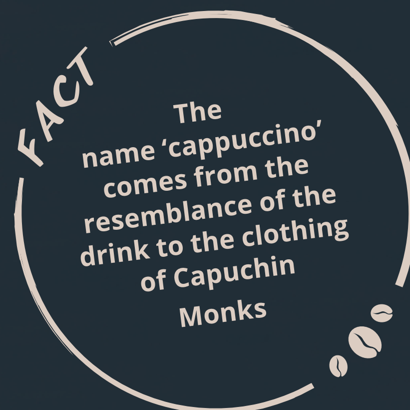
WHAT YOU NEED

1 Cup fresh of Longevity Now Coffee™
1 Cup whipped coconut cream

Whipped Coconut Cream
1 Cup coconut cream
1 Tablespoon pure maple syrup
1/2 Teaspoon vanilla
Pinch salt

WHAT TO DO

1. Whip coconut cream, maple syrup, vanilla and sea salt until a thick cream has formed.
2. Grind fresh coffee beans and make a shot of espresso, adding additional hot water to fill your cup.
3. Top fresh coffee with whipped coconut cream.



Spiced Coffee Smoothie

WHAT YOU NEED

1 Espresso shot of Longevity Now Coffee™
1 Cup coconut milk
1/2 Teaspoon cinnamon
1/2 Teaspoon nutmeg
1/2 Teaspoon vanilla
2 Dates

WHAT TO DO

1. Grind fresh coffee beans and make a shot of espresso.
2. Combine coffee, coconut milk, cinnamon, nutmeg, vanilla and dates in the blender and blend until smooth.



Virgin Espresso Martini

WHAT YOU NEED

1 Espresso shot of Longevity Now Coffee™
1 Teaspoon pure maple syrup
1/2 Cup filtered water
Ice (to shake)
Coffee bean to decorate

WHAT TO DO

1. Grind fresh coffee beans and make a shot of espresso.
2. Combine coffee, maple syrup, filtered water and ice in a martini shaker and shake well.
3. Pour over ice and serve with fresh coffee beans on top.



Keto Coffee

WHAT YOU NEED

1 Espresso shot of Longevity Now Coffee™
2 Tablespoons coconut oil
1 Cup cashew milk

Cashew Milk
2 Cups filtered water
1/2 cup soaked cashews
4 Dates
Pinch of vanilla
Pinch of sea salt

WHAT TO DO

1. Soak cashews in filtered water overnight or for at least 4-6 hours. Drain and rinse.
2. Make cashew milk by combining soaked cashews, filtered water, vanilla, sea salt and dates in your Hurom Juicer or a blender. If you're using a blender you might want to strain through a nut milk bag if you prefer less pulp.
3. Combine cashew milk, fresh espresso shot and coconut oil in the blender and blend until smooth.

FACT
The world's most expensive coffee costs up to $600 per pound and comes from beans excreted by a Sumatran wild cat! We'll pass, thanks!



Mocha Chocolate Mousse

WHAT YOU NEED

1 Espresso shot of Longevity Now Coffee™
1 Avocado
1/2 Cup soaked cashews
1/4 Cup coconut milk
1 Teaspoon vanilla
1 Teaspoon cinnamon
2 Tablespoons raw cacao
4 Dates
Pinch of salt
Frozen berries to serve
Shredded coconut to serve

WHAT TO DO

1. Grind fresh coffee beans and make a shot of espresso.
2. Place all ingredients in the food processor and process until smooth and well combined.
3. Layer into a glass with berries and shredded coconut to serve.



Espresso Bliss Balls

WHAT YOU NEED

1 Espresso shot of Longevity Now Coffee™
1 Cup dates
1 Cup cashews
1 Teaspoon vanilla
1 Tablespoon cinnamon
Shredded coconut (to roll in)
Raw cacao (to roll in)

WHAT TO DO

1. Grind fresh coffee beans and make a shot of espresso.
2. Combine coffee, dates, cashews, vanilla and cinnamon in the food processor and process until well combined and sticky mixture forms.
3. Roll mixture into balls and lightly dust in raw cacao or roll in shredded coconut.
4. Place bliss balls in the freezer to set for 1 hour.
5. Store in the fridge.



Dairy-Free Affogatto

WHAT YOU NEED

1 Espresso shot of Longevity Now Coffee™
1 Scoop banana ice cream

Banana Ice Cream
3 Frozen bananas
1/2 Tablespoon raw honey
1 Teaspoon vanilla

WHAT TO DO

1. To make ice cream, combine frozen bananas, raw honey and vanilla in the food processor and process until a smooth ice cream forms.
2. Place 1 scoop of banana ice cream into a bowl and top with 1 Espresso shot.



Salted Caramel Mocha Fudge

WHAT YOU NEED

Salted Caramel Fudge
1 Cup Medjool dates
1 Cup coconut cream
1 Tablespoon coconut oil
1 Teaspoon vanilla
1 Teaspoon sea salt
1 Cup soaked cashews
Coffee beans to decorate

Mocha Fudge
1 Espresso shot of Longevity Now Coffee™
1 Cup soaked cashews
1 Cup Medjool dates
1 Teaspoon vanilla
1 Cup coconut cream
1 Tablespoon coconut oil
1/2 Cup raw cacao powder

WHAT TO DO

1. To make the salted caramel layer, place dates, soaked cashews, coconut cream, coconut oil, vanilla and sea salt in the food processor and process until smooth.
2. Fill a 8x8inch lined slice dish with the caramel layer and place in the freezer for an hour.
3. To make mocha fudge, place espresso shot, dates, vanilla, coconut cream, coconut oil and cacao in the food processor and process until smooth.
4. Remove the salted caramel layer from the freezer and top with the mocha layer, smooth and return to the freezer.
5. Once set, remove from the freezer and slice while still frozen to serve.
6. Store in the freezer.



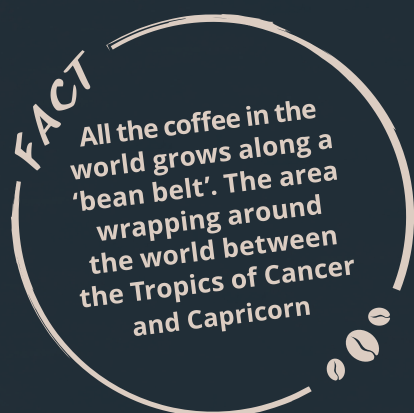
Espresso Mud cake Muffins

WHAT YOU NEED

1 Cup almond meal
1/4 Cup coconut oil
1/4 Cup maple syrup
2 Tablespoons ground coffee beans
2 Eggs
2 Tablespoons raw cacoa

WHAT TO DO

1. Preheat oven to 350 °F (180 °C)
2. Grind fresh coffee beans and combine in a large mixing bowl with almond meal, coconut oil, maple syrup, eggs and cacao.
3. Divide evenly between 6 muffin moulds and bake in the oven for 20 minutes or until firm to touch.



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